

SPECIAL EVENTS

Movie Showings in November

Tuesday, November 1, 10 a.m.

- *Top Gun*

Wednesday, November 2, 10 a.m.

- *Top Gun: Maverick*

Wednesday, November 30, 10 a.m.

- *Elvis* (2nd showing)

Thank You Cards For Veterans

Friday, November 4, 9 a.m.—11 a.m.

Stop by and fill out a card for a Veteran to give thanks for their service.

Lett-uce Talk

Monday, November 7, 11 a.m.

Join us for our first, "Lett-uce Talk." This month we will discuss how to prepare a Thanksgiving meal safely.

JustUs3 Performance

Wednesday, November 9, 10:30 a.m.

Pat Nutter and Chris Tenney will be back to get us steppin' with Classic Country music!

History of the Mayflower Compact

Thursday, November 10, 11 a.m.

Ed Sullivan will lead a discussion on the Mayflower Compact. What is the importance, and should this be relevant for our grandchildren today?

Picture Frame Craft

Friday, November 18, 10 a.m.

Create a crafty picture frame. All supplies included. Register by Wednesday, November 16. \$8 Fee.

Holiday Portraits with Linda

Monday, November 21, 10 a.m.

Surprise your family with a portrait for the holidays! Bring a flash drive to save your photo on. A donation of \$10 to the Senior Council is greatly appreciated.

Christmas Card Craft

Tuesday, November 22, 10 a.m.

Join us in making one for yourself or a loved one. Register by Friday, November 18. \$5 fee.

Gnome Tote Bag Craft

Tuesday, November 29, 10 a.m.

Make a gnome-themed holiday tote bag. Register by November 23. Fee \$8.

NOVEMBER 2022



NORTH BEACH NEWS

9010 Chesapeake Ave., North Beach MD 20714

Phone: 410-257-2549 Fax: 410-286-8095

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45A Susan's Boot Camp 9:00A Adventures in Art \$ 10:30A Let's Move 12:30P Penny Bingo 1:00P Bible Study	9:00A Open Sewing 9:30A Ceramics \$ 10:00A Scrabble 12:30P Hand and Foot (Cards) 2:30P Fitness Room Orientations +	8:30A Behavioral Health Counselor + 8:30A Open Art Studio 8:45A Susan's Boot Camp 10:30A Let's Move 11:00A Strength Training 11:00A Cranium Crunches 12:30P Penny Bingo	8:30A Open Art Studio 10:30A Scrabble 12:30P Hand and Foot (Cards)	8:30A Information and Assistance 8:30A Open Art Studio 8:45A Susan's Boot Camp 10:00A Bananagrams 10:30A Let's Move 12:30P Penny Bingo ORANGE FRIDAYS
OTHER SCHEDULED ACTIVITIES				
+ = Pre-registration required \$ = Fee ^ = Movie	1 9:00A - 11:00A Ask the Nurse 10:00A <i>Top Gun</i> + ^ 12:30P Calvert Library Bookmobile	2 9:00A Fresh Conversations + 10:00A <i>Top Gun: Maverick</i> + ^ 1:00P Grief & Loss Support 3:00P Alzheimer's Support Group	3 10:00A Alzheimer's Awareness Rocks 10:45A Mindful Movements \$ 1:00P Scribblers Writing Group 1:00P Afternoon Delights & Coffee Bar +	4 9:00A - 11:00A Thank You Cards For Veterans 11:00A Increase Your Hold
7 11:00A Lett-uce Talk: <i>Hey Turkey</i>	8 CENTER CLOSED IN OBSERVANCE OF ELECTION DAY	9 10:30A JustUs3 Performance NO LET'S MOVE	10 10:45A Mindful Movements \$ 11:00A History of the Mayflower Compact	11 CENTERS CLOSED IN OBSERVANCE OF VETERANS DAY
14 10:45A Yin Yoga \$ 11:00A Cyber Safety for Seniors	15 10:00A Senior Council Meeting 1:00P Afternoon Delights & Coffee Bar +	16 11:00A Nature Talk with Lisa Garrett: <i>Let's Talk Turkey</i> 12:15P Monthly Birthday Party + ABC DAY	17 10:45A Mindful Movements \$ 12:00P Thanksgiving Luncheon + 1:00P Scribblers Writing Group	18 9:00A CalvertHealth Fitness Friday 10:00A Picture Frame Craft + \$ 10:30A Tom Goucher Music Performance 11:00A Increase Your Hold
21 9:00A - 11:30A CalvertHealth Mobile Health Center 10:00A Holiday Portraits w/Linda 10:45A Yin Yoga \$	22 10:00A Christmas Card Craft + \$	23 11:00A Open Mic +	24 CENTERS CLOSED IN OBSERVANCE OF THANKSGIVING	25 CENTERS CLOSED IN OBSERVANCE OF THANKSGIVING
28 10:45A Yin Yoga \$ 11:00A Interactive Crossword	29 10:00A Gnome Tote Bag + \$	30 10:00A <i>Elvis</i> + ^	 Thanksgiving Luncheon Thursday, November 17, Noon Enjoy a traditional Thanksgiving meal with friends. Seating is limited, please register for lunch by November 7.	

SPECIAL EVENTS

Holiday Afternoon Delights and Coffee Bar
Thursday, December 1, 1 p.m.
Join us for some holiday sweets, coffee, and great conversation.

Movie Showings in December
Friday, December 2, 10 a.m. with craft
• Christmas with the Kranks
Friday, December 9, 10 a.m. with craft
• The Grinch
Tuesday, December 20, 10 a.m.
• Dog
Friday, December 30, 10 a.m. with craft
• The Nightmare Before Christmas

Lett-uce Talk
Monday, December 5, 11 a.m.
Come learn some kitchen tricks that could be helpful during this holiday season!

Winter Painting Class
Tuesday, December 6, 10 a.m.
Make a beautiful winter tree painting.
Register by Thursday, December 1. Fee \$7.

Open Mic
Wednesday, December 7, 11:15 a.m.
Have a holiday poem or story you would like to share? Stop by for our Open Mic.

Bruce Thomas Performance
Monday, December 12, 10:30 a.m.
Stop by for some oldies but goodies with Bruce Thomas; you don't want to miss it!

The Variety Players Performance
Wednesday, December 14, 10:30 a.m.
Enjoy a Holiday sing-along with our local favorites, The Variety Players.

Country Christmas Luncheon
Friday, December 16, 10 a.m.
Join us for a Country Christmas! There will be live music by JustUs3, Christmas Caroling, a skit performed by the staff, and a gift exchange! Register by Friday, December 2. Space is limited.

Nature Talk with Lisa Garrett
Wednesday, December 21, 11 a.m.
Lisa Garrett, North Beach Director of Eco-Tourism will share the history of the winter solstice.

DECEMBER 2022



NORTH BEACH NEWS

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Phone: 410-257-2549 Fax: 410-286-8095

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8:45A Susan's Boot Camp 9:00A Adventures in Art \$ 10:00A Bananagrams 10:30A Let's Move 12:30P Penny Bingo 1:00P Bible Study Where is "Chessie" the Elf?	8:30A Stability Ball Class 9:00A Open Sewing 9:30A Ceramics \$ 10:00A Scrabble 12:30P Hand and Foot (Cards) 2:30P Fitness Room Orientations +	8:30A Behavioral Health Counselor + 8:30A Open Art Studio 8:45A Susan's Boot Camp 10:30A Let's Move 11:00A Strength Training 11:00A Cranium Crunches 12:30P Penny Bingo	8:30A Open Art Studio 10:30A Scrabble 12:30P Hand and Foot (Cards)	8:30A Information and Assistance 8:30A Open Art Studio 8:45A Susan's Boot Camp 10:30A Let's Move 10:00A Bananagrams 12:30P Penny Bingo Ugly Christmas Sweater Fridays
OTHER SCHEDULED ACTIVITIES				
+ = Pre-registration required \$ = Fee ^ = Movie			1 10:45A Mindful Movements 1:00P Scribblers Writing Group 1:00P Afternoon Delights & Coffee Bar +	2 10:00A Movie & Craft + 11:00A Beach Book Club +
5 11:00A Lett-uce Talk: Kitchen Tricks 10:45A Yin Yoga \$	6 9:00A - 11:00A Ask the Nurse 10:00A Winter Painting Class + \$ 12:30P Calvert Library Bookmobile	7 9:00A Fresh Conversations + 11:15A Open Mic 1:00P Grief & Loss Support 3:00P Alzheimer's Support Group	8 10:45A Mindful Movements \$ LUNCH SERVED AT 11:30AM CENTER CLOSING AT 12:30PM	9 10:00A Movie & Craft +
12 10:30A Bruce Thomas Performance 10:45A Yin Yoga \$ NO LET'S MOVE	13 10:00A Senior Council Meeting 1:00P Afternoon Delights & Coffee Bar +	14 10:30A The Variety Players NO LET'S MOVE	15 10:45A Mindful Movements \$ 1:00P Scribblers Writing Group	16 COUNTRY CHRISTMAS LUNCHEON 10 A.M. + NO LET'S MOVE
19 9:00A - 11:30A CalvertHealth Mobile Health Center 10:45A Yin Yoga \$	20 10:00A Morning Movie: Dog ^	21 11:00A Nature Talk with Lisa Garrett: Winter Solstice 12:15P Monthly Birthday Party +	22 10:45A Mindful Movements \$	23 11:00A Increase Your Hold
26 CENTERS CLOSED IN OBSERVANCE OF CHRISTMAS	27	28 ABC DAY	29	30 10:00A Movie & Craft +